

# ANGAMA MARA

## *Run with a Kenyan*

THE NATURAL RUNNING ABILITY OF KENYANS HAS SEEN THEM SMASH MANY WORLD RECORDS ON RACE TRACKS AROUND THE GLOBE.



Now Angama Mara guests have the opportunity to join The Angama Running Club on one of their regular training sessions as part of our 'Run with a Kenyan' experience. The Angama Running Club's members include guides, butlers and other camp staff who want to share their love of athletics with guests from all over the world.

Setting off at 07h00 (departure is flexible depending on guests' preferences), there are two routes from which to choose: 3km or 6km – or even further if guests are feeling up to the challenge. Something to consider though, is that at 2 000 metres (6 500ft) above sea level, Angama Mara's elevation will be sure to get participants' hearts pumping, so a reasonable level of fitness is recommended.

No matter which route is taken, guests will get to experience the exhilaration of running along the escarpment with the possibility of encountering plains game such as giraffe and zebra along the way.

At the end of the run, guests will be presented with a T-shirt:

**I RAN WITH A KENYAN – AND SURVIVED.**

Guests interested in going for a Run with a Kenyan should advise their Camp Manager who will team them up with a running partner and arrange the details to fit in with their safari programme. There is no need to book in advance and there is no charge for this experience.

[ANGAMA.COM](http://ANGAMA.COM)